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# THE PATH TO RESILIENCE

TRAUMA, ADVERSE EXPERIENCES, AND THE IMPACT ON LIFELONG HEALTH



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SOMETIMES IT'S JUST HARD



## UNDERSTANDING WHY

- We're talking about these issues because they impact your participants.
- ...and because understanding 'why' someone behaves as they do can help us reframe and feel better about our interactions.

## HEALTH EQUITY & POPULATION HEALTH

- Social Determinants of Health are based on health equity.
- Public health = population health
- A *population* can mean everyone, or it can be defined.
- Groups at greater risk for poor health outcomes are called *vulnerable populations*.

## DEFINITIONS

- Health disparity: If a health outcome is seen to a greater or lesser extent between populations.
- Health equity: the attainment of the highest level of health for all people.
  - Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities.

## BEYOND INDIVIDUAL CHOICES

- Where you live, learn, work and play has a great deal to do with how healthy you are (or aren't).
- The most predictive factor of your health in the US today is your zip code.
- The conditions we live in are part of the reason some Americans are healthier than others – and why none of us are as healthy as we could be.

## WHAT ARE THE SOCIAL DETERMINANTS OF HEALTH?



## ADVERSE CHILDHOOD EXPERIENCES STUDY

- Landmark public health study started in 1995 by CDC and Kaiser Permanente health system
- 17,000 participants followed for long-term health outcomes

## WHAT IS AN ACE?

- Physical, emotional or sexual abuse
- Physical or emotional neglect
- Household dysfunction (mental illness, incarcerated relatives, mother treated violently, substance abuse, divorce)

## IMPACT OF ACES ON BEHAVIOR

Smoking

Lack of  
physical  
activity

Alcoholism

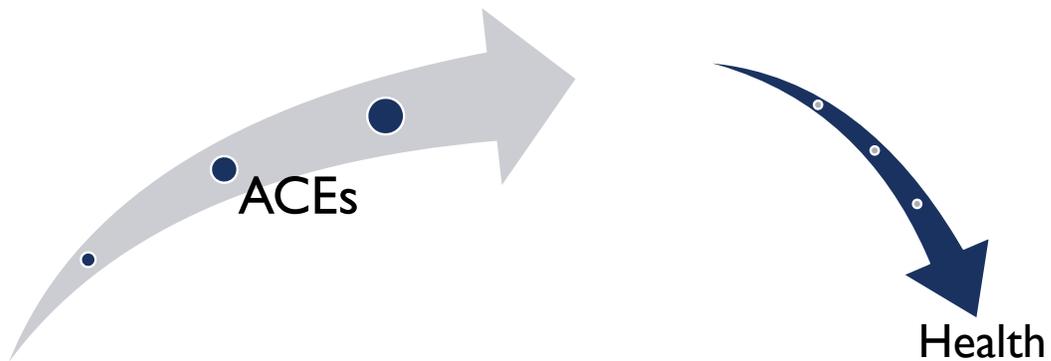
Drug use

Missed work

## IMPACT OF ACES ON HEALTH

- Severe obesity
- Diabetes
- Depression
- Suicide attempts
- Sexually Transmitted Diseases (STDs)
- Heart disease
- Cancer
- Stroke
- Chronic Obstructive Pulmonary Disease (COPD)
- Broken bones

## HIGH RISK FOR POOR HEALTH



## RESILIENCE

- Protective factors create resilience and reduce the impact of ACEs.
- Individuals, families and communities can all influence resilience.

## RESILIENCE FACTORS

- The ability to make realistic plans and take steps to carry them out (!)
- A positive view of yourself, and confidence in your strengths and abilities (!!)
- Skills in communication and problem solving (!!!)
- The capacity to manage strong feelings and impulses (!!!!)

## IF NONE OF THIS HELPS...

When you go out into the woods and you look at trees, you see all these different trees. And some of them are bent, and some of them are straight, and some of them are evergreens, and some of them are whatever. And you look at the tree and you allow it. You see why it is the way it is. You sort of understand that it didn't get enough light, and so it turned that way. And you don't get all emotional about it. You just allow it. You appreciate the tree. The minute you get near humans, you lose all that. And you are constantly saying 'You're too this, or I'm too this.' That judging mind comes in. And so I practice turning people into trees. Which means appreciating them just the way they are.

-Ram Dass

## QUESTIONS?



## RESOURCES – HEALTH EQUITY

Healthy People 2020 – Definitions

<http://www.healthypeople.gov/2020/about/foundation-health-measures/Disparities>

Healthy People 2020 – Overview of the Social Determinants of Health

<http://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health>

## RESOURCES - ACES

Take the ACES quiz

<http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

Infographic: The Truth About ACES

<http://www.rwjf.org/en/library/infographics/the-truth-about-aces.html>

ACES and resilience - Minnesota Department of Health

<http://www.health.state.mn.us/divs/cfh/program/ace/resilience.cfm>

The Road to Resilience – American Psychological Association

<http://www.apa.org/helpcenter/road-resilience.aspx>